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**Uvalde, TX Shooting May 2022**

**Local resources**

**American Red Cross**

* San Antonio Chapter: 3642 E Houston Street, San Antonio TX 78219
* (210) 224-5151
* <https://www.redcross.org/local/texas/central-and-south-texas/about-us/locations/greater-san-antonio.html>

The American Red Cross provides shelter, food, emotional support and other assistance to victims of disasters. The Red Cross is working with local authorities to identify those in need and to provide assistance.

**211 Texas**

* Dial 2-1-1 or (877) 541-7905
* <https://www.211texas.org/>

2-1-1 is a free help line that can assist callers with locating social services such as shelter, food assistance, and mental health support.

**Texas Health and Human Services**

* (855) 937-2372
* <https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>

If you or someone you know are faced with a mental health crisis, please call the crisis hotline of the local mental health or local behavioral health authority for your county. Crisis services are available 24 hours/7 days a week and include prompt face-to-face crisis assessment, crisis intervention services, crisis follow-up and relapse prevention services.

**Uvalde County Mental Health Center**

* 328 Crystal City Hwy, Uvalde, TX 78801
* Crisis Hotline: (877) 466-0660 / Office Number: (800) 662-6052
* <https://www.hillcountry.org/services/uvalde-county-mh-center-2/>

The Uvalde County Mental Health Center helps people have positive control over the life they desire. They provide services for adult and child behavioral health, intellectual developmental disability, substance abuse, crisis care, and justice involved services.

**National Resources**

**The National Mental Health Hotline**

* (866) 903-3787
* <https://mentalhealthhotline.org/>

The National Mental Health Hotline is available 24/7 and staffed with trained mental health professionals who can support individuals in crisis.

**National Alliance on Mental Illness (NAMI)**

* Helpline (800) 950-6264, available Monday – Friday, 10am to 8pm or text “NAMI” to 741741 24/7.
* [www.nami.org](http://www.nami.org)

NAMI is the National Alliance on Mental Illness, the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI has local chapters throughout the country that run peer and family support groups and support with locating local resource to help with mental illness.

**Mental Health America (MHA)**

* <https://www.mhanational.org/>

Mental Health America (MHA) is the nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. MHA’s national office and its 200+ affiliates and associates around the country work every day to protect the rights and dignity of individuals with lived experience and ensure that peers and their voices are integrated into all areas of the organization.

**Disaster Distress Helpline**

* Call or Text: 800-985-5990
* Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

This is a 24/7/365 hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

**National Suicide Prevention Lifeline**

* Call: 800-273-8255 (800-273-TALK)
* Chat Online: <https://suicidepreventionlifeline.org/chat>
* Website: <https://suicidepreventionlifeline.org>

The National Suicide Prevention Lifeline provides 24-hour, toll-free, and confidential support to anyone in suicidal crisis or emotional distress. People seeking help may call to trained counselor at a crisis center in their areas. Support is available in English and Spanish via phone and live chat.